

Suggested Fruit of the Month:

Pears

February 2018



Pears are a great fruit packed with fiber and nutrients. The skin of the pear is especially important because it contains half of the pears total dietary fiber and phytonutrients that have antioxidant, anti-inflammatory and anti-cancer properties.

There are many varieties of pears. The Anjou is red or green and great for salads or baking. Asian pears are crunchy like an apple. Bartlett pears are sweet and soft and are great for snacking. Bosc pears have thick brownish skin and are very sweet when ripe and are best for baking.

Source: <http://usa.pears.org/pear-nutrition/>

Blushing Pear

Provided by: Sodexo



Ingredients

4 cup Water
2 packets (3 ounce) Gelatin (strawberry or raspberry flavor; to cut on sugar, try sugar-free)
4 Bosc pears (peeled, stem in place)
Honey, chopped walnuts (optional)

Instructions

1. Combine gelatin powder and water.
2. Bring water to a boil and stir to dissolve the powder.
3. Add in the pears and partially cover the pot with a lid.
4. Simmer on medium-low heat for 30 to 35 minutes, or until tender, stirring frequently for even color.
5. Remove pears and let cool for 5 minutes. Can take remaining gelatin mixture and refrigerate.
6. (Optional) Drizzle honey and nuts over the pears and serve with a side of whipped cream.

Nutritional Facts

Per serving: 110 calories, 0 g Tot Fat, 0 mg Cholesterol, 35 mg Sodium, 30 gm Carbohydrates, 5 gm Fiber, 21 gm Sugar, 1 gm Protein

HOW TO EAT:

Cut a pear in half and remove the core. Fill the center of each half with low-fat yogurt. Sprinkle with granola and cinnamon for a healthy snack.



Add sliced pears to spinach salads for a sweet crunch.



Toss chopped pears, onions, bell peppers, and mangos with a touch of cilantro and lime juice. Serve with baked corn chips for a quick salsa everyone will love.

